



Happy New Year from the Counseling Staff here at BES! We hope everyone had a safe & relaxing holiday season.

Thankfully, the days are slowly beginning to get longer, but did you know that for some people these “short” days can affect their mood? You may have noticed some changes in behavior from those around

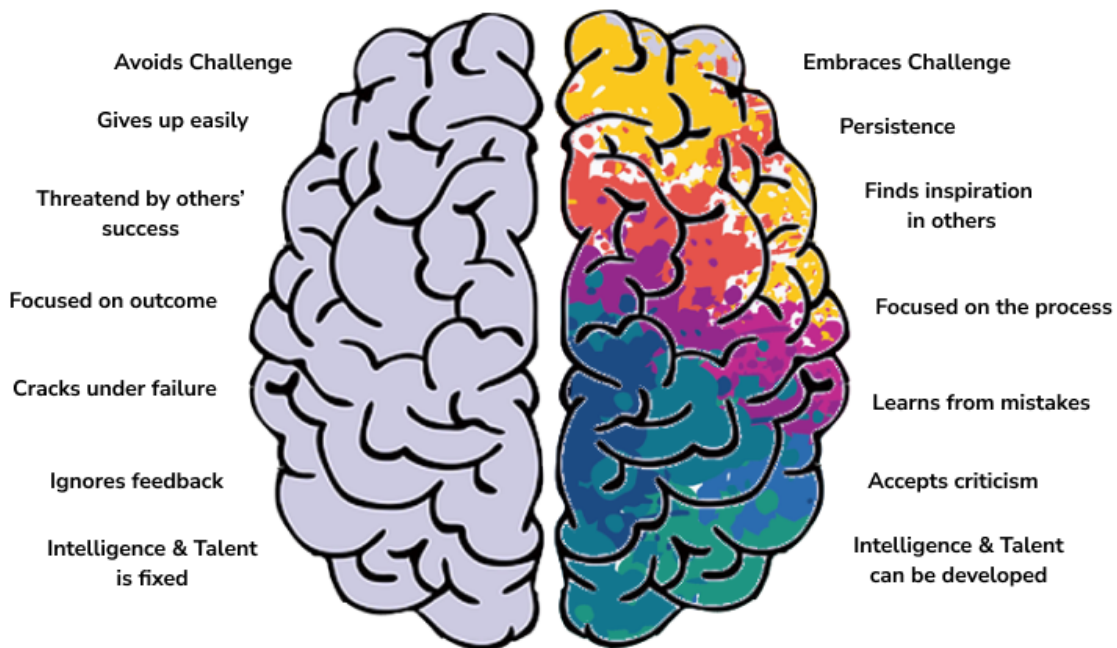
you - maybe some irritability, isolation, fatigue, and sadness. These can be symptoms of Seasonal Affective Disorder.

[Here is an article that talks a little bit more about Seasonal Affective Disorder and some tips to help manage it.](#)

This article is aimed towards parents helping their children, however a lot of the tips can be generalized for adults as well.

It's a good idea to try to stay active and connected throughout the long winter months regardless of if you are feeling the symptoms of seasonal affective disorder or not. This will help keep your mental wellness in check!

### Fixed Mindset vs. Growth Mindset



Brain Power  
ACADEMY

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Made for "Tapping into Student Motivation"  
a Brain Bite™ Course

## Restorative Practices

“Restorative practices focus on having positive relationships. When we make a mistake, they ask us to take responsibility for our behavior and make amends. **At the heart of restorative practices is the belief that we are all in this together.** At home, this can include:

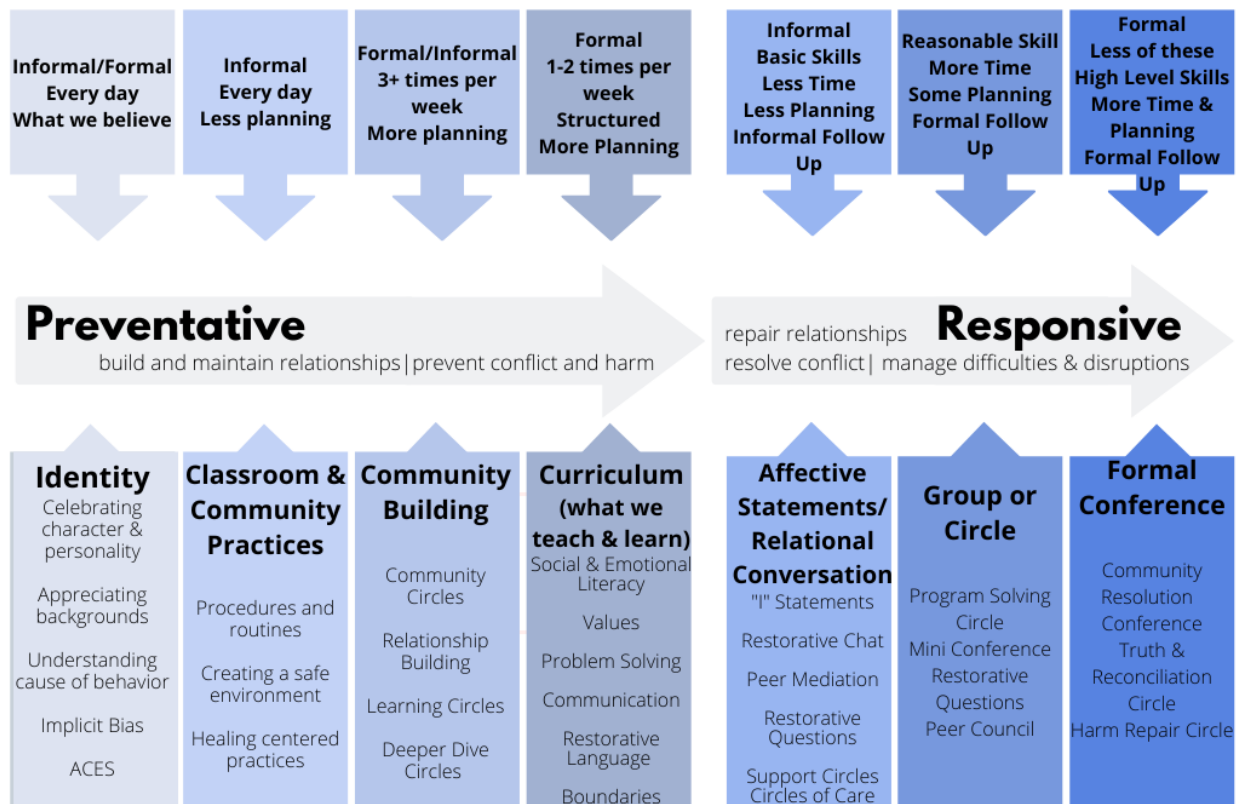
- Taking responsibility for keeping spaces clean
- Taking responsibility for the choices we make
- Having positive relationships with family and friends
  - Being respectful of those around us.

Restorative practices support children in learning how to create healthy relationships and how to resolve conflicts.”

For more information on how you can incorporate restorative practices at home, [please check out this link](#).



## Restorative Schools & Communities



Adapted from Wachtel and McCold, 2001

Things we model for our kids,  
whether we realize it or not...



## Classroom Lessons

Classes are working through emotion management in our social emotional lessons, which includes:

- Identifying emotions and what they are
- How emotions physically feel in our bodies (and what they do to our brains)
- How to identify what others may be feeling
- How to calm down when experiencing an uncomfortable and/or strong emotion

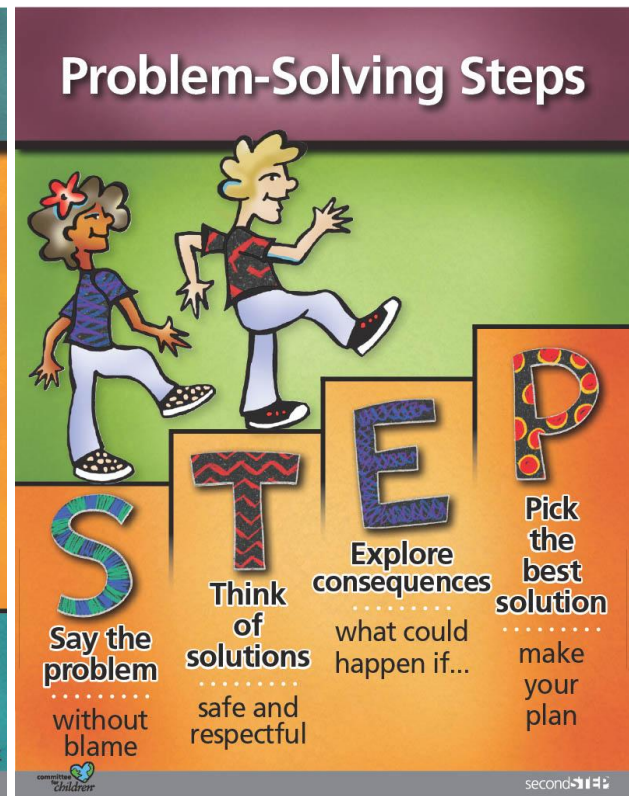
In Second Step, we teach the steps to calming down which can be found on the poster below. These steps are important to help us regulate our emotions when we are losing control. Please practice using these calm down steps at home with your children!

[Here is a website with 100 simple calm down strategies for kids \(and adults!\)](#)

Our 4th and 5th grade classes will be starting our Problem Solving Steps unit this month! Our problem solving steps follow the acronym STEP:

**S**ay the Problem (without blame)  
**T**hink of Solutions (that are safe & respectful)  
**E**xplore Consequences (what could happen if...)  
**P**ick the Best Solution (make your plan)

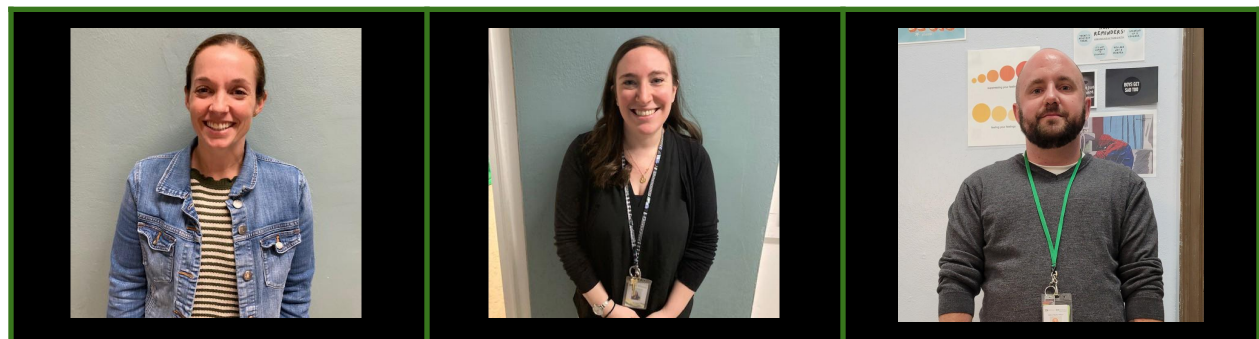




**[Click here for our Community Assistance Page!](#)**

**[Click here for our Community Support Programs & Community Events Page!](#)**

## Meet the Counseling Staff!



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